

Festive Enchiladas

This recipe was inspired by a recipe in Vegetarian Times. I've engineered some of the fat out of the recipe while keeping the flavor. It's a great celebration meal for family or company.

These enchiladas presents a festival of colors and flavor by combining rich orange garnet yam, tender zucchini, multicolored sweet bell peppers and bright yellow fresh mango. The flavor profile is finished with fresh cilantro, basil and lime juice. The enchiladas are served with homemade guacamole and low-sodium salsa. Buenos!

Preparation time: 1 hour and 40 minutes - Servings: 4-6

Organize Your Ingredients!

Notes on Organizing

Prep items and organize ingredients on small plates or in bowls before you start cooking. It's easier to cook when you're organized. Prep a total 5 cloves of chopped garlic and 1 whole, peeled clove: 2 for the Enchiladas, 2 for the Low-sodium Salsa, 1 for the Guacamole and 1 whole, peeled for the Dressing. Prep 2-1/2 C. yellow onion: 2 C. sliced for enchiladas, 1/2 C. chopped for the salsa. Prep 2 chopped jalapeño peppers: 1/2 chopped for the Enchiladas and Guacamole and 1 whole chopped for the salsa.

Festive Enchiladas

1 garnet yam (peeled and cut into 1/2" cubes)
1 tsp. olive oil
one 6" zucchini (sliced and chopped)
1 tsp. olive oil
2 cloves garlic (smashed and chopped)
2 C. yellow onion (sliced and quartered)
1-1/2 C. red bell pepper (seeded and cubed)
1-1/2 C. green bell pepper (seeded and cubed)
1/2 jalapeño pepper (seeded and finely chopped)
1 Anaheim pepper (seeded and finely chopped)

1/2 C. low-sodium veggie broth
Optional: 2-3 drops hickory smoke flavor

3 T. chopped fresh basil
3 T. chopped fresh cilantro
juice from 1 lime
1 mango (peeled and sliced)

6-8 low or nonfat, whole-wheat 9" flour tortillas
2 T. low or non-fat mayonnaise
2/3 C. grated extra-sharp cheddar cheese

Fixings for a green salad.

Quick, Low-sodium salsa

2 cloves garlic (smashed and chopped)
1 Anaheim pepper (seeded and chopped)
1 jalapeño pepper (seeded and chopped)
1/4 C. fresh cilantro (chopped)
1/2 C. yellow onion (coarsely chopped)
juice from 1 lime
1/4 tsp. salt
one 15 oz. can no-salt tomatoes

Guacamole

1 large clove garlic (smashed and chopped)
1/2 Jalapeño pepper (finely-chopped)
1/4 C. fresh cilantro leaves (finely-chopped)
2 ripe avocados (peeled and sliced)
juice from 1/2 lime
1 Roma tomato (finely-chopped)
OPTIONAL: 1/4 tsp. ground cumin

Cilantro/Lime Dressing

1/2 tsp. smooth peanut butter
1/3 C. washed Cilantro leaves
1/2 tsp. Asian garlic pepper sauce
2 T. fresh lime juice
1 tsp. low-sodium soy sauce
1 whole clove garlic (whole, peeled)
2 T. extra-virgin olive oil
2 tsp. sesame oil
1/3 C. low-sodium vegetable broth

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Start preparing this dish in the afternoon by making the enchiladas. They don't need to be refrigerated. Make Salsa, Guacamole and Cilantro Lime Dressing at your leisure. Assemble the green salad while the enchiladas cook.

Festive Enchiladas

1. Boil cubed yams in 3/4 C. lightly-salted water for 4-minutes. Shock with cold water. Set aside.
2. Coat a large, deep sauté pan with measured olive oil and place over high heat. Brown zucchini pieces in hot oil. Remove from pan and set aside. Add additional oil, garlic, onion and peppers to the pan and toss until onions begin to brown. Add broth and optional smoke flavor. Toss another minute. Add par-boiled yam cubes, basil and cilantro, lime juice and mango. Return zucchini to the pan and toss another 2 minutes. Remove from heat.
3. Oil a 9X12 shallow glass-baking dish. Spread ½ of a large tortilla with mayo and place a 2/3 C. portion of filling down the center. Sprinkle with a little grated cheese over filling and roll up tortilla. Take care to close the ends as you roll them toward the mayo side. Place seam-side down in the baking dish. (The recipe should make 6-8 enchiladas.) Sprinkle remaining grated cheese over enchiladas. Before baking, sprinkle the pan with 1/4 C. water. Cover with foil and bake 20 minutes in a 400°oven. Allow to cool 10 minutes before serving.

Salsa, Guacamole and Salad Dressing

Quick, Low-sodium Salsa:

Chop and prepare all ingredients as indicated and stir together in a medium-sized bowl. Let stand. (You may also use a food processor and blend all items except tomatoes until well chopped. Then add tomatoes and pulse a few times.)

Guacamole:

Place all chopped items, except tomato, and optional cumin in a medium-sized bowl. Mash all ingredients with a fork. You want the texture to be lumpy with pieces of avocado. Stir in optional cumin and finely chopped tomato.

Salad Dressing:

Blend all ingredients for the dressing until smooth in a food processor. Transfer to a serving pitcher.

**When ready to bake Enchiladas, Make Salad and Plate the Meal
preheat oven to 400°.**

While enchiladas cook, make a green salad.

Once cooked, rest enchiladas 10 minutes before serving. Place an enchilada on each plate and flank with salsa and guacamole on either side or over the top. Serve salads and dressing as a side.

What I've Learned from this Recipe

I love making recipes like this for family gatherings or dinner guests. Everything can be assembled and ready to cook before guests arrive. Put the enchiladas in to bake and take some time to connect with your guests.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com